

Newington Parks & Recreation Department's Swim Lesson Level Descriptions

(Revised Sept. 2014)

<p>Level 1: <u>Age 6+</u></p> <p>Level 1 is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.</p> <ul style="list-style-type: none"> • Enter and exit the water using ladder, steps or side • Blow bubbles through mouth and nose, 3 seconds • Bob 5 times • Open eyes underwater and retrieve submerged object, 2 times • Front & Back glide, 2 body lengths • Back float, 5 seconds • Recover from a front & back glide to a vertical position • Roll from front to back and from back to front • Tread using arm and hand actions (in chest-deep water) • Swim using arm and leg actions on front and back, 2 body lengths <p>Exit Skills: 1) Enter water independently, travel at least 5 yards, bob 5 times, and then safely exit the water. 2) Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position.</p>	<p>Level 2: <u>(Prerequisite: Successful completion of Level 1)</u></p> <p>Level 2 participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.</p> <ul style="list-style-type: none"> • Enter water by stepping or jumping from the side (shoulder-deep water) • Exit water using ladder or side • Fully submerging and holding breath, 10 seconds • Bobbing, 10 times (in chest-deep water) • Opening eyes under water and retrieve submerged objects, 3 times • Front float, Jellyfish float, Tuck float - 10 seconds • Back float, 15 seconds • Front glide & back glide, 2 body lengths • Recover from a front glide & back glide to a vertical position • Roll from front to back and from back to front • Treading using arm and leg actions, 15 seconds (shoulder-deep water) • Combined arm and leg actions on front and back, 5 body lengths • Finning arm action on back, 5 body lengths <p>Exit Skills: 1) Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front or back for 5 body lengths, then exit the water. 2) Move into back float for 15 seconds, roll to front, and then recover to a vertical position. 3) Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back float for 15 seconds, roll to front then continue to swim for 5 body lengths.</p>
<p>Level 3: <u>(Prerequisite: Successful completion of Level 2)</u></p> <p>Level 3 participants learn to swim the front crawl and elementary backstroke at beginner proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants learn headfirst entries from a seated and kneeling position. On successful completion of Level 3, participants have achieved basic water competency in a pool environment.</p> <ul style="list-style-type: none"> • Enter water by stepping or jumping from the side (deep water) • Headfirst entry from the side in a sitting and kneeling position (at least 9ft deep) • Bobbing ,15 times (chest-deep water) • Rotary breathing, 15 times • Survival float on front, 30 seconds (in deep water) • Change from vertical to horizontal position on front and back (in deep water) • Back float & Tread water, 60 seconds (in deep water) • Flutter kicking & dolphin kicking in streamline position, 3-5 body lengths • Front crawl & elementary backstroke, 15 yards • Scissors kick & breaststroke kick, 15 yards <p>Exit Skills: 1) Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, level off, swim front crawl and/or elementary backstroke for 25 yards then exit the water. 2) Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.</p>	<p>Level 4: <u>(Prerequisite: Successful completion of Level 3)</u></p> <p>Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at basic proficiency levels. Participants also learn the backstroke and butterfly at basic proficiency levels, in addition to the basics of performing a simple open turn at a wall.</p> <ul style="list-style-type: none"> • Headfirst entry from the side in a compact & stride position (at least 9ft deep) • Swim under water, 3-5 body lengths • Feet first surface dive, submerging completely • Survival swimming, 60 seconds (in deep water) • Front crawl & backstroke open turn • Tread water using 2 different kicks (scissors, breaststroke, or rotary), 2 minutes • Flutter kicking & dolphin kicking in streamline position, 3-5 body lengths • Front crawl , 25 yards • Elementary backstroke, 25 yards • Breaststroke, 15 yards • Butterfly, 15 yards • Backstroke, 15 yards • Sidestroke, 15 yards <p>Exit Skills: 1) Perform feet first entry into deep water, swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards. 2) Swim breaststroke for 15 yards, change direction and swim backstroke for 15 yards. 3) Submerge and swim a distance of 3 to 5 body lengths underwater, return to the surface, then exit the water.</p>

Level 5: (Prerequisite: Successful completion of Level 4)

Level 5 focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and back.

- Shallow-angle dive from the side (at least 9ft deep)
- Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke
- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water, 5 minutes
- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Backstroke, 25 yards
- Standard scull, 30 seconds
- Sidestroke, 25 yards

Exit Skills: 1) Perform a shallow-angle dive into water (at least 9ft deep), swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate efficient turning styles throughout. 2) Swim breaststroke for 25 yards, then swim backstroke for 25 yards using appropriate efficient turning styles throughout

Level 6- Fitness Swimmer: (Prerequisite: Successful completion of Level 5)

Level 6- Fitness Swimmer participants will refine their strokes to swim them with greater efficiency and effectiveness over longer distances.

- Front crawl, 100 yards
- Elementary backstroke, 100 yards
- Backstroke, 50 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke open turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Surface dive and retrieve an object from the bottom (7 to 10 feet deep)
- Circle swimming
- Using a pace clock
- Using a pull buoy while swimming, 25 yards
- Using fins while swimming, 25 yards
- Using paddles while swimming, 25 yards

Exit Skills: 1) Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke. 2) Perform the Cooper 12 minute swim test